



Chef's Blueberry-Pecan Galette

Ingredients

Dough

- ½ cup pecans
- 1 cup plus 2 tablespoons all-purpose flour
- 2 teaspoons sugar
- ½ teaspoon kosher salt
- ¼ teaspoon ground cinnamon
- ½ cup (1 stick) chilled unsalted butter, cut into pieces

Filling and Assembly

- 12 ounces blueberries (about 2 cups)
- 1 tablespoon cornstarch
- 1½ teaspoons fresh lemon juice
- ¼ cup sugar, plus more for sprinkling
- All-purpose flour (for surface)
- 2 tablespoons milk, half-and-half, or heavy cream

Recipe Preparation

1. Dough
2. Preheat oven to 350°. Toast pecans on a rimmed baking sheet, tossing once, until fragrant and slightly darkened, 10–15 minutes; let cool. Pulse pecans in a food processor until the consistency of coarse meal. Add flour, sugar, salt, and cinnamon and pulse just to combine. Add butter and pulse until mixture resembles coarse meal with a few pea-size pieces remaining.
3. Transfer to a large bowl; drizzle with 4 Tbsp. ice water and mix, adding another tablespoonful of water if needed, just until mixture comes together. Gently pat dough into a 6"-diameter disk. Wrap in plastic and chill at least 1 hour.
4. Do Ahead: Dough can be made 2 days ahead. Keep chilled, or freeze up to 1 month.
5. Filling and Assembly
6. Preheat oven to 375°. Toss blueberries, cornstarch, lemon juice, and ¼ cup sugar in a large bowl.
7. Roll out dough on a lightly floured surface to a 12" round. Carefully transfer to a parchment-lined baking sheet. Mound blueberries in center of dough, leaving a 2" border. Fold edges over, overlapping slightly. Brush dough with milk and sprinkle with sugar.
8. Bake galette until crust is dark golden brown and filling is bubbling, 45–50 minutes. Let cool before serving.

July Birthdays!

Residents

Marjorie C. - July 2nd
Iris G. - July 23rd

Staff

Gary M. - July 1st
Josh L. - July 4th
Sarah M. - July 9th
Kaylin A. - July 10th
Tracey M. - July 11th
Natasha W. - July 12th
Alyssa R. - July 18th
David M. - July 24th
Stephanie L. - July 26th
Dorothy D. - July 28th



FRIENDS & FAMILY REFERRAL PROGRAM!

\$3,500 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

UNIVERSITY CONNECT

JULY 2021



Fourth of July

***Hurray! The day has come to cheer! This is the big day of the year!
And why is that? You're asking why?!***

Because my dear, it's the Fourth of July!

***Ah, that's a day for a big parade, And that's a day for shouting
made! A day for whooping and for cheer,***

I call it the best day of the year.

***In seventeen hundred seventy-six Our country was in an awful fix.
King George, the Third – a tyrant, he!***

Made us pay taxes on our tea.

***Now all the forefathers looked so grim. Said they, "We'll just attend
to him. We were certainly meant to be equal and free,***

As we'll show that king across the sea!"

***Then what did they do? Yes, it's really true! But of course, I need
not tell to you. The Declaration you know so well***

Then the king's soldiers did swiftly rebel.

***So hurray, I say! It's a day of cheer! It's the only day of the whole
big year. Let's join the parade that's marching by –***

And let's give three cheers for the Fourth of July!



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COMMUNITY MANAGEMENT

Jonathan Hills
Executive Director

Stephanie Leenhouts
Business Office Manager

Celeste Roth
Marketing Manager

Rehan Ahsan
Culinary Services Manager

Emily Harrison
Life Enrichment Manager AL

Allie Kovacs
Resident Care Manager

Vickie Berishaj
Wellness Coordinator

Katelyn Pesola
Life Enrichment Manager IL

Dave Mantels
Maintenance Supervisor

Josh Logan
Culinary Supervisor

Holly Weaver
Dining Supervisor

Angie Sorji
Dining Supervisor

Jennifer Strong
Housekeeping Supervisor

ASSOCIATE SPOTLIGHT

Michael is one of our dining room servers!

Hi, my name is Michael. I am a dining server and some days I help out at the front desk as a concierge. I am a very outgoing and funny person, which helps me with everything that I do here at Waltonwood University. I enjoy working here at Waltonwood and while it may seem like I am here a lot, I still find time to do things for myself. When I'm not working, I love to hang out with friends. Working at Waltonwood has taught me to be more patient and how-to problem solve in difficult situations. I am appreciative of all the residents that I have gotten to know and the opportunities to learn from them. Thank you for letting me be part of your lives!



Life Enrichment Updates

We are still offering bus trips and joy rides by the Life Enrichment Team & other scheduled appointments with our bus driver Gary! Please see Emily for more information.

Some of our consistent weekly activities include:

Morning Exercise – Everyday at 10:30am

Bingo – Every Tuesday & Thursday at 3:00pm

Coffee/Tea Social – Every Wednesday at 11:00am

Manicures – Every Friday at 11:00am

Music & Happy Hour in the courtyard – Every Friday 1:30pm

We are excited to announce that family members are now welcome to visit with their loved one's in the Assisted Living courtyard!

JUNE HIGHLIGHTS

1



Residents enjoy our end of the year Pen Pals Zoom call to thank students for writing to them!

5



We had our first outing with our bud driver Gary to get ice cream!

22



Ark Animal Encounters brought a variety of exotic animals for our residents to hold & learn about!

29



Residents enjoyed a Lemonade Stand in our courtyard!

JULY SPECIAL EVENTS

2

Staff & residents are kicking off the 4th of July weekend with Happy Hour in the courtyard!

7

We are bringing back Jen, our Art Therapist to give our residents a crafting class!

18

We are excited to bring in another evening music performance in our courtyard!

22

Our Life Enrichment Manager, Emily will be giving a Travelogue presentation about our National Parks!



FOREVER FIT JULY JOURNAL:

A Fresh Start - A great exercise plan starts with a great foundation and a commitment to wanting to improve how we move and how we feel. The past 15+ months, however have taught us that the world around us often has other plans, directly impacting the consistency and success of even the best designed fitness routine. A lack of consistency coupled with countless stressors have changed the way even the most dedicated individual approaches exercise. Putting it simply, "life gets in the way" and that's ok, the good news is that it's never too late to hit the reset button and get a fresh start on your exercise journey. As we slowly return to normal, now's the perfect time to reassess your current fitness level and determine what changes can help you return to your strongest, healthiest, self. While many of us are ready to reestablish our exercise routines, many of us don't quite know where to begin. By taking some time to meet with our fitness team, we can help identify some strengths and weaknesses and create an accurate picture of your curreny fitness level to help you start your fitness journey on the right foot. This summer commit to movement and let our fitness team help you reclaim the health and fitness that lets you feel your very best.

Chris Grabowski | Forever Fit Manager

EXECUTIVE DIRECTOR CORNER

As we all know the first thing we think of when we enter the month of July is “how am I celebrating Independence Day?” The 4th of July is the party of the summer, however you celebrate! Some things I enjoy doing suring the holiday weekend may include having a BBQ, watching fireworks, lounging on the boat, or even having a refreshing cocktail by the pool! While all of these activities may be part of the 4th of July, the main focus of the holiday should be spending quality time with our family and friends. It's important as a citizen of the United States that we appreciate the independence that we have! So as we enter the holiday weekend, I ask that all of our residents, families, and associates take the time to celebrate Independence Day. If you are a resident who is staying in the community for the 4th, Chef Rehan will be having a BBQ for all to enjoy...delicious! Jonathan Hills | Executive Director